



# The Journal

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## USU Medical Students Gain Experience Helping Homeless

By Andrew Damstedt  
NSAB Public Affairs  
staff writer

Eradicating homelessness by providing people with homes is a new public policy catching on across the nation, and Uniformed Services University of the Health Sciences (USU) medical students have been helping out by providing medical services to some recently housed individuals.

Two years ago, Dr. Mark Stephens, professor and chair of the USU Department of Family Medicine, approached a nearby homeless advocacy nonprofit organization, Bethesda Cares, about having medical students volunteer with the organization. That led to students going on home visits, one student doing a clerkship with the organization and several students going out early in the morning to count Bethesda's homeless population.

Medical students who have been involved with the program say helping out has been a good reminder of why they came to medical school.

"I came to medical school because I wanted to help people who are in a vulnerable position," said Navy Ensign Kat Elsener, third-year medical student. "It's kind of a basic answer but we don't get a lot of exposure to that during our first year and a half. We're mostly in the classroom."

Elsener, who has volunteered for two years with the program, said the home visits helped her see health-care barriers she would not have thought of before. She shared a story of a homeless gentleman whom she first met on the street and who she continued to visit after he received housing.

"He had a condition, congestive heart failure, and there's



Photo courtesy of Andrea Loejos Lee

**Uniformed Services University of the Health Sciences medical student Bryan Malave, right, completes a health assessment for a client at Bethesda Cares, a nonprofit homeless advocacy group, during his clerkship with the organization while staff member Mark Babiak, middle, helps out.**

a simple medication you can take to get rid of that fluid – you urinate and get rid of it," Elsener said. "He knew about his condition and knew what medication he needed but he wasn't able to take his meds because he didn't have 24-hour

access to a bathroom. Once he got housing, he was able to take his medication and it really improved his heart condition. That one has stuck with me because it's something that seems so simple to me – access to a bathroom – [and] it

made a pretty big difference for him."

That experience showed her the importance of finding out why a patient is not doing something their doctor expects of them, she said.

"It may not be a person

doesn't understand, it may just be they can't for a reason I don't understand," Elsener said.

Army 2nd Lt. Emily Parsons, fourth-year medical school/Ph.D. student, said volunteering with the program has helped with her studies.

"On the one hand it is sheer practice, and especially at this stage in our medical education where a lot of what we learn is just words on a page, it doesn't mean that much," Parsons said. "I remember learning about cardiovascular drugs and then there'd be a patient who would give his long list of everything he was receiving or supposed to be receiving. This person would have concerns and questions about it. It's being able to use what we've learned."

The USU's partnership with Bethesda Cares is supposed to open up the student's medical school experience, Stephens said. Providing services to the homeless population is different than what the students normally experience, he said, because they need to learn creative ways to solve medical problems without having a massive resource to draw from and also learn how to help someone outside of the military culture.

"I think they're exposed to frustration," he said. "They go out and people will tell you to 'Shove off,' not wanting to be bothered. Students here are used to patients coming in on a scheduled appointment. And being exposed to that other side of things has been a huge positive."

Sue Kirk, Bethesda Cares executive director, said connecting with USU medical students has been a "game changer, because all of the sudden we had people looking at medi-

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# Commander's Column

Greetings,

In the installation management business, we have two fundamental responsibilities which guide what we do: first, ours is a supporting role - we exist to provide the operations, facilities and services that ensure the success of our mission partners - their success is our success. Second, we have an enduring responsibility, as caretakers of the resources entrusted to us, to ensure the long-term viability of our installations and ranges. As a practical matter, the installations and ranges we manage today must also serve the Navy of the future. This is why good stewardship of our resources is absolutely critical - we aren't standing up new bases or ranges - we already have what we will have in the future. This month I will address two key areas of stewardship - environment and energy.

Environmental stewardship enables our Sailors to carry out their missions while minimizing impacts on the environment, both afloat and ashore. Here at Naval District Washington (NDW) we are committed to being an environmentally responsible neighbor that operates with public health and safety and protecting the environment in mind. NDW employees, whether military, civilian or private contractor, regardless of rank or grade, are responsible for performing their duties in a manner that protects the environment, prevents pollution and conserves our natural and cultural resources.

Throughout the region we have a legacy of responsible care of the environment as evidenced by several environmental projects that preserve our natural and cultural resources. For example, at Naval Support Activity Annapolis the Navy is proposing to repair and restore approximately 28,000



linear feet of shoreline at the North Severn Complex along Mill Creek, Carr Creek, the Severn River and the Chesapeake Bay. The shoreline erosion in these areas is occurring at a dramatic rate, resulting in vertical embankments, threats to infrastructure and degradation of water quality.

At Naval Support Facility (NSF) Dahlgren construction to the Willow Oaks Con-

structed Storm Water Wetland (wetland built to filter water that drains from the base to the Potomac River) at NSF Dahlgren, was completed in January to complement the already completed Upper Machodoc Constructed Storm Water Wetland nearby. Its completion brings NSF Dahlgren into compliance with the Environmental Protection Agency's new maximum daily load rules. The rules, which limit the amount of pollutants that enter the Chesapeake Bay in storm water, came into effect in 2012 and will become progressively stricter until 2028. Dahlgren's storm water wetlands will put it very close to meeting the 2028 requirement. Once weather permits, replanting will occur on both sides of the wetland. The area will also serve as a successful wildlife habitat with emergent wetland vegetation, shrubs and trees. The site will provide an excellent opportunity for viewing wildlife.

Naval Facilities Engineering Command (NAVFAC) Washington is in the process of moving a historic watchbox from NSF Indian Head to the Washington Navy Yard. The watchbox was constructed circa 1853-1854 at the Washington Navy Yard. The watchbox stood just inside the Latrobe Gate (8th and M Streets SE) and functioned as a sentry post manned by Marines assigned to the

See **COMMANDER** page 9

## Bethesda Notebook

### Navy Medical Corps Ball

The 144th Navy Medical Corps Ball is scheduled for March 14 from 6 to 11 p.m. at the Mayflower Renaissance Hotel in Washington, D.C. Guest speaker will be Dr. Jonathan Woodson, assistant secretary of defense for health affairs. For more information, contact Kimberly Fagen at [Kimberly.e.fagen.mil@mail.mil](mailto:Kimberly.e.fagen.mil@mail.mil), or visit <https://sites.google.com/site/medicalcorpsball/home>.

### Employer Network Event

An Employer Network Event is held monthly on the last Thursday from 11 a.m. to 1 p.m. in Bldg. 11 (lower level), Rm. 16. Attendees will be able to meet with industry representatives, develop professional connections and explore employment opportunities at the event, open to all active duty, family members, veterans, reservists, non-medical attendees, contractors and civilians. No registration is required. For more information, contact Fleet and Family Support Center at 301-319-4087 or email [FFSC@med.navy.mil](mailto:FFSC@med.navy.mil).

### Birth Month Training

Birth month training for Army, Navy and civilian personnel at Walter Reed Bethesda is held every second and fourth Thursday of each month in Clark Auditorium beginning at 8 a.m. Training sessions include personal finance and stress management; sexual harassment; suicide awareness and prevention; customer service; threat awareness and counterintelligence; and drug and alcohol prevention education.

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# Leadership Academy Guides WRNMMC Staff in Extraordinary Patient-Centered Care

**By Sharon Renee Taylor**  
WRNMMC Public Affairs  
staff writer

More than 35 Walter Reed National Military Medical Center (WRNMMC) leaders participated in the first Leadership Academy held recently at the medical center.

The Academy was the brainchild of WRNMMC Director Brig. Gen. (Dr.) Jeffrey B. Clark, who wanted to find a way to ensure extraordinary patient-centered care, beginning with managers and supervisors who lead the WRNMMC staff.

"Certainly the patient is at the center of everything we do, but how do we affect that? How do we be the leaders that set the stage for excellent patient care? How do we go from ordinary patient care to extraordinary patient care?" asked Navy Cmdr. (Dr.) Katherine Schexneider, who served as director of role-based competencies for the Leadership Academy.

Ideas for the academy began in October 2014, she said, to include course offerings that span the spectrum of leadership theory, to quality improvement, as well as the patient experience.

"We have sessions on resources, sessions on logistics and sessions on personnel management for managing both the military and civilian personnel, giving people all the skills that they need to be those effective leaders to provide extraordinary care," Schexneider said.

The goal of the role-based competency training is to offer role-based education and training on leadership and management skills on a variety of



Photo by Sharon Renee Taylor

**From left, Walter Reed National Military Medical Center (WRNMMC) Command Master Chief Tyrone Wilis, Navy Capt. Kim LeBel, Army Col. (Dr.) Peter Weina and Loretta Hobbs field questions from WRNMMC staffers enrolled in the medical center's inaugural launch of the new Leadership Academy.**

levels, explained Army Lt. Col. Christine M. Ludwig, deputy chief, Hospital Education and Training for Health Professionals Education at WRNMMC.

Army Maj. Gail Casley-Sawyer, who served as leadership and development coordinator for the Leadership Academy team, said the academy was intended to address the needs of participants who range from those assuming new leadership positions for the first time, as well as more experienced managers and supervisors.

"The patient experience begins with the people who lead. It's hard to lead when you don't have a clear vision of the strategic plan," Casley-Sawyer said.

The academy's organizers designed the program to provide instruction for courses in six different modules: Leadership and Development, Resources, Quality Improvement, Personnel Management, 21st Century Healthcare, and the Patient Experience. WRNMMC subject matter experts taught curriculum for the four-day academy which offered coursework in two different areas per day.

Leadership Academy working group members performed a need-based analysis of courses to offer, Casley-Sawyer explained. "We asked, 'What will people at [each] level need in order to be effective leaders?' If

a leader is not effective, there's a ripple effect in their staff," she said, and indicated how the Leadership Academy helps experienced leaders.

"A good leader is always a life-long learner. As techniques evolve, skills should also, to prevent generational gaps, and ineffectiveness," Casley-Sawyer said.

The Leadership Academy was also designed to help those interested in moving up to leadership, said Army Maj. Lantonya R. Walker, service chief, Staff and Faculty Development, who served as supervising coordinator for the Leadership Academy team.

"We have to catch them be-

fore they develop bad habits," Walker said. "We want to instill good habits, early."

Academy participants voluntarily elect to attend the Leadership Academy, and include both civilians and service members, along with administrative and health care professionals, according to Walker.

Tarita Bagley, chief Physical Evaluation Board liaison officer, participated during the first day of the Leadership Academy. The seasoned supervisor explained she was new to the position and elected to enroll in the program.

"I think leadership develop-

See **LEADERSHIP** page 11

## New Chair at Helm of Patient, Family-Centered Care Committee

**Submitted by Patient  
and Family-Centered  
Care Committee**

Lina Kubli, a staff audiologist at Walter Reed National Military Medical Center (WRNMMC), recently became the new chair of the medical center's Patient and Family-Centered Care (PFCC) Committee.

The 35-member committee, comprised of staff and patients, is focused on improving the patient experience at WRNMMC, according to Terry Sellars, the committee's administrator. She added the group is "very excited" to have Kubli onboard and "looks forward to working closely with her on current and



Courtesy photo

**Dr. Lin Kubli**

future PFCC endeavors."

The PFCC welcomes new members "with a passion for improving the patient experi-

ence at Walter Reed Bethesda," Sellars continued. "Patient and Family-Centered Care is also an integral part of the medical center's strategic plan, under the 'Quality and Safety' pillar," she added.

Kubli succeeds Army Lt. Col. (Dr.) Scott Petersen, an obstetrician, as chair of the PFCC committee.

"I am honored to serve [and] to coordinate PFCC activities across the medical center for staff, patients, and families receiving care at WRNMMC," Kubli said. "As a clinical provider at WRNMMC, and a family member of a retired U.S. military service member, I recognize the importance of identifying institutional barriers

that can impede quality of patient care and access while allowing providers the means to focus on delivering world-class clinical care.

"I believe it is important to foster a strong sense of community within our hospital staff and with our patients," she continued. "A strong sense of community and concierge-level service will have long term impact on staff as well as patient satisfaction where patients consistently choose WRNMMC for their medical care."

The PFCC committee "strives to improve the patient experience by strongly promoting the process of sharing ideas, time and resources to make positive changes at WRNMMC," accord-

ing to Sellars. "By involving our patients and their families in their own health care, they will feel like an important part of the health care team developing a positive and rewarding relationship with their providers. This relationship ultimately produces better outcomes for the patients and their families," she said.

The PFCC committee meets on the fourth Thursday of each month at 11:30 a.m. Patients are welcome and encouraged to share their experiences. For more information, contact Terry Sellars at [ellen.t.sellars.civ@mail.mil](mailto:ellen.t.sellars.civ@mail.mil), or 301-400-2791, or Michael Joseph III at [Michael.joseph.civ@mail.mil](mailto:Michael.joseph.civ@mail.mil), or 301-295-1018.



# Public Health Center Announces Revitalized ShipShape Program

**From Navy and Marine Corps Public Health Center, Public Affairs**

The Navy and Marine Corps Public Health Center (NMCPHC) announced the launch of the revitalized ShipShape Program, March 9.

The ShipShape Program helps participants achieve healthy weight loss and maintain a healthy weight by facilitating changes in eating and exercise habits. The program aligns to the missions of the 21st Century Sailor and Marine Initiative and Navy Medicine to maintain a healthy, fit, and ready force.

"We spearheaded an intensive ShipShape Program improvement initiative to enhance curriculum content, facilitator training, and participant involvement which we feel increases the value and impact of the program," said Cmdr. Connie



U.S. Navy photo by Mass Communication Specialist 3rd Class Margaret Keith

**Lt. Alyse Dason, left, from Knightdale, N.C., teaches a yoga class on the flight deck of the aircraft carrier USS George H.W. Bush (CVN 77).**

Scott, Health Promotion and Wellness Department Head at NMCPHC. "We led an in-depth review to assess service member success rates after completing the program,

surveyed current ShipShape Program facilitators on best practices and recommendations, reviewed ShipShape Program Participant evaluations, and conducted a

contemporary literature review on management of overweight and obesity in our efforts to improve the program."

"Additionally, we would like to recognize

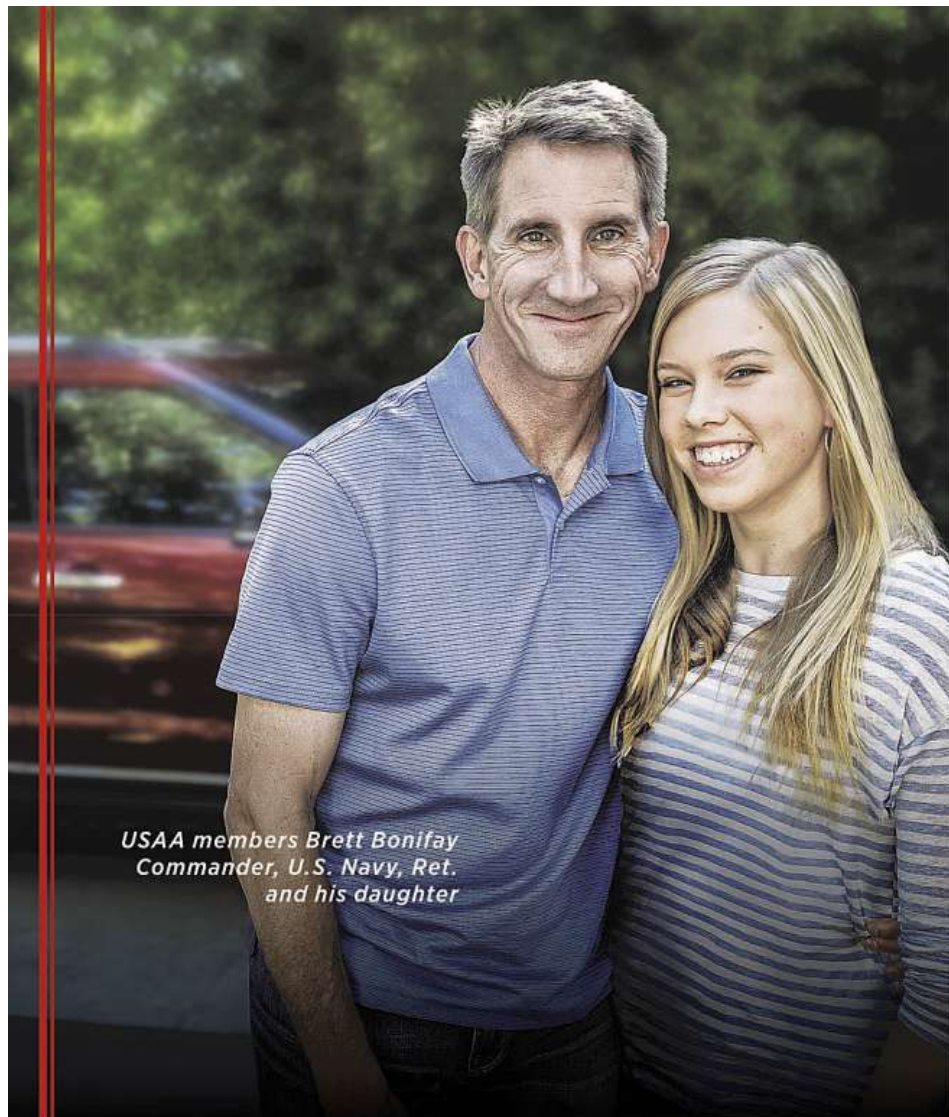
our ShipShape Program facilitators who are essential in providing the needed program outreach assisting service members in meeting readiness requirements, and also

providing a resource to improve the health of our beneficiaries and civilian staff," said Scott.

NMCPHC modernized the ShipShape Program curriculum and reporting forms, unveiled a new logo, adopted "Get Ready. Get Fit. Get Healthy" as its tagline, and redesigned the ShipShape Program website, which has garnered more than 6,000 unique visits since October 2014.

"Over the last two years, approximately 43 percent of active duty fitness enhancement program participants that successfully completed the ShipShape Program have met Navy body composition assessment (BCA) standards within six months of completing the program," said Sally Vickers, ShipShape Program manager at NMCPHC. "Through the updated ShipShape Program, we look forward

See FIT page 8



USAA members Brett Bonifay  
Commander, U.S. Navy, Ret.  
and his daughter

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## Employee Assistance Program Available to DoD Civilians, Family Members

**By Barbara Ison**  
**NCR-MD EAP Coordinator**

Today, federal civilian employees are busy juggling work and family and it is not unusual to encounter difficulties with stress, family, relationships, alcohol, work, or other concerns, which can have an effect on your overall quality of life. To address these concerns, National Capital Region Medical Directorate (NCR-MD) has partnered with Federal Occupational Health (FOH), to provide a wide range of Employee Assistance Program (EAP) services at no cost to staff members and their family members.

EAP is a non-punitive administrative program available to all NCR-MD Department of Defense civilian employees and their family members. The EAP promotes well-being of employees and supports supervisors in helping employees with personal problems that may affect work performance.

NCR-MD includes Walter Reed National Military Medical Center (WRNMMC), DiLorenzo Clinic and the Tri-Service Dental Clinic, Fort Belvoir Community Hospital and the Dumfries and Fairfax Clinics, as well as the Joint Pathology Center (JPC).

To make a confidential EAP appointment with a licensed counselor, call 1-800-222-0364 (or 888-262-7848 if you are hearing-impaired). You will be offered assistance or given an appointment to meet with a counselor. There are no counselors on-site. Meetings with your counselor are confidential within the guidelines of the law. When contacting the EAP, please use Defense Health Agency-National Capital Region Medical Directorate (NCR-MD) to identify your agency.

For more information visit WRNMMC's EAP webpage, <https://www.wrnmcc.intranet.capmed.mil/programs/empassist> or go to FOH [www.FOH4You.com](http://www.FOH4You.com) to access additional resources.

## MMA Hall of Famer Randy Couture Visits NSAB

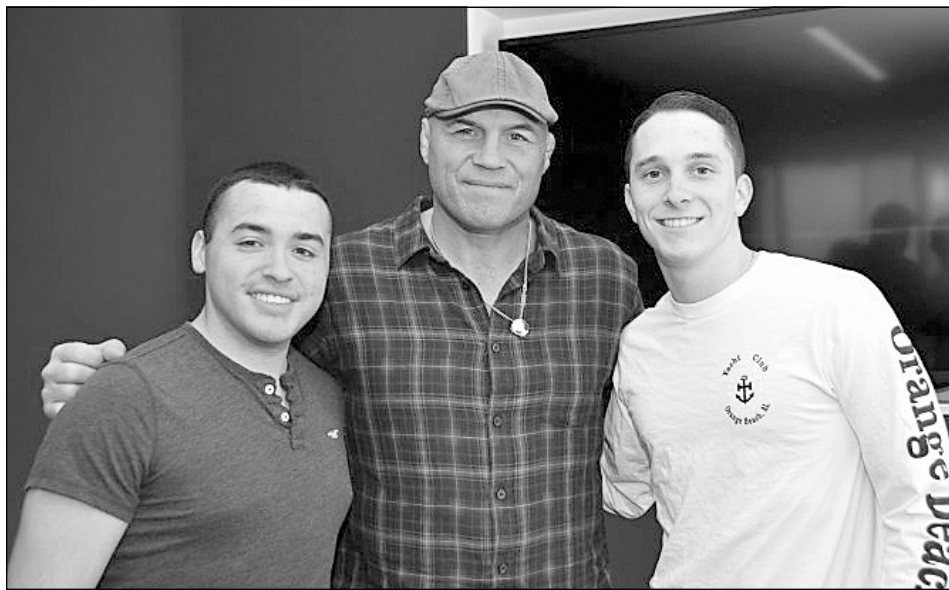


Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

Mixed martial arts fighter and Ultimate Fighting Championship Hall of Famer Randy Couture (middle) poses for a picture with Navy Hospitalman Scott Ogg (left) and Army Spc. Arthur Kyle during a meet and greet at the USO Warrior and Family Center March 9. Couture signed t-shirts, pictures, took "selfies" and had the opportunity to chat one-on-one with the attendees.

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# DHA Reviews Past Year During Town Hall

**By Bernard S. Little**  
WRNMMC Public Affairs  
staff writer

Air Force Lt. Gen. (Dr.) Douglas Robb, director of the Defense Health Agency (DHA), recently hosted a year-in-review town hall at Walter Reed National Military Medical Center (WRNMMC), discussing DHA's first year achievements and second year focus areas.

Responsible for a "Medically Ready Force...Ready Medical Force," Robb stated the DHA is striving for "readiness, jointness, standardization, efficiency, innovation and cost savings."

Robb added staff members have made a difference in the lives of patients and their families who have come through the doors of the former Walter Reed Army Medical Center (WRAMC), the former National Naval Medical Center (NNMC) and now at WRNMMC. Because of the world-class care provided at those facilities, he said more



Photo by Bernard S. Little

**Air Force Lt. Gen. (Dr.) Douglas Robb, director of the Defense Health Agency (DHA), conducts a town hall with staff at Walter Reed National Military Medical Center on Feb. 23, discussing DHA's first year achievements and second year focus areas.**

than 45 service members with below-the-knee amputations have returned to full duty, some jumping out of airplanes and others flying them.

In its second year, Robb explained DHA's focus will

be on improving access and recapturing beneficiaries so they can receive the world-class care provided in military health-care facilities within the National Capital Region-Medical Directorate (NCR-

MD).

"[Within] the direct health-care system, we believe we can deliver the best health care at the least expense," Robb said. "The more beneficiaries we see in the direct health-care sys-

tem, the more our currency [of skills] and competency go up," he continued.

Navy Rear Adm. Raquel Bono, NCR-MD director, agreed, adding, "All the work we're doing to recapture and provide access to our patients allows us to keep our skills at that very high level. We're doing a lot more business with each other within our market. We're seeing a lot more of each other's patients, and we're seeing a lot more of our providers [working] across the [region at] the different MTFs [military treatment facilities] within our market."

"We are well stretched out across the National Capital Region, and we've often talked about going to where the patients are," Bono continued. "[With] the geography of how [our MTFs] are situated, we should be able to pretty much cover where our patients are, if we're smart about working with each other and determining how we can best optimize what we are doing for our patients," she concluded.

## Crooner Earns First Prize in WRNMMC Staff Talent Show



Photo by Beverli Alford, WRNMMC Marketing Department

**Michael Bowens performs the Luther Vandross ballad "Here and Now" at the recent Walter Reed Bethesda Staff Talent Show in the America Bldg. Bowen's musical styling of the love song earned him first-place honors among the eight competitors.**

**By Sharon Renee Taylor**  
WRNMMC Public Affairs  
staff writer

In honor of his 41 years of marriage, Michael Bowens performed the Luther Vandross ballad "Here and Now" at the recent Walter Reed National Military Medical Center (WRNMMC) Staff Talent Show.

Bowens, who works in Medical Records in the medical center, is married to Navy Capt. Shirley Bowens, ambulatory clinics department chief nurse. His performance of Vandross' love song earned him first place among the eight competitors in the talent show, sponsored by Resiliency and Psychological Health Service to boost staff morale and camaraderie as well as enhance emotional well-being throughout the command.

A tenor, Bowens may have had a leg up on his talent show competitors; he was a member of the Grammy Award-winning ensemble, Sounds of Blackness, in 1991.

The Admission Planning Unit Prescreen Unit Marvelettes, winners of the last

staff talent show in November, took second place in the Feb. 11 competition with their rendition of Aretha Franklin's "Rock Steady." The crowd-pleasing doo-wop group played to the audience with their coordinated dance steps and 1970s-styled outfits. Members Giovanni Muhammad, Lisa Caldwell, Melissa Pierre and Renee Leach sang, "What it is, what it is, what it is," and ended their performance in a "Charlie's Angels"-inspired pose.

Leroy Goetzendanner, also known as "G-Mean," claimed third place in the show to round out the top winners. G-Mean gave a spoken word performance. "True love is the best kept secret," declared the employee of Walter Reed Bethesda's Linen Department.

Other performances at the show included Catherine Burke, a Walter Reed Bethesda mail clerk who danced to the "Cha Cha Slide," and Army Sgt. Trinity L. Ruiz, noncommissioned officer-in-charge of the Optometry Department, who belted out a song from soul singer Adele.

Chris Orndorf performed

his tribute to Elvis Presley, and retired Command Master Chief Clint Garrett rapped his original lyrics that ended with a positive message, inspiring people to have a dream. Navy Lt. Woody Pierre, a registered nurse in the surgical intensive care unit, sang the Toni Braxton ballad, "Unbreak My Heart."

Navy Hospitalman Ryan Lloyd was the talent show's master of ceremony, and Army Sgt. Deshawn Thompson, Rachel Cornette, and Navy Hospitalman Latanya Howell, judged each act on personality, originality, stage appearance, overall performance and audience response. Each of the eight acts had four minutes to perform, with points deducted for exceeding that time.

Public Health Cmdr. Dwayne Buckingham, service chief for Resiliency and Psychological Health Service, said the talent show was created to provide staffers the chance to work and play. "It's an opportunity to showcase the talent here and let our hair down," he added.



# What's The Real Enemy, Food or Portion?

By 2nd Lt.  
Amanda Cain  
Nutrition Services  
Department Dietetic  
Intern

Is it true there are no bad foods? When a person wants to lose weight, the go-to [method] is to eliminate certain foods from the diet. However, the key to healthy eating is not to rid the diet of certain foods, but to have better portion control.

Food is not the enemy. It's important to be aware of the food we eat and to listen to our internal hunger and fullness cues. There really are no bad foods, only poor choices. Here is a list of tips of how you can obtain better portion control in your everyday diet:



- 1. Use smaller plates.** Eating your meals from an 8-inch plate instead of the normal 10-inch plate will still be just as satisfying without you feeling as if you have overeaten.
- 2. Use serving size as a guide.** You're more than likely to control your portion if you know the serving size. The serving size on food is labeled that

- way for a reason, which is to assist you in portion control.
- 3. Take time; enjoy your food.** Food takes a while to get to the stomach in order to send the signal to your brain that you're full. If you eat slower, your body will have time to catch up while savoring the delicious taste of your food.



- 4. Pay attention to the plate's color.** Be aware that when the color of the food is similar to the color of your plate, you are more likely to serve yourself a larger portion. Red pasta on a red plate

will appear to be a smaller amount because there is less contrast between the colors. You don't have to go to the store to buy many different colored plates to be successful. Just be aware that when the color

of the food is similar to the color of your plate, you are more likely to serve yourself a larger portion.

- 5. Be mindful at restaurants.** Most restaurants serve their entrées on an oversized dish. Try sharing the meal with a friend, or ask for a to-go box so you can take half of it home. If you portion half of the entrée off right away, it can play to your visual cues of how much you are really hungry.

Remember, all foods can still be enjoyed in the right amounts. Listen to your body to tell you when you're full and be aware of proper serving sizes.

For more tips on healthy eating, call the Outpatient Nutrition Clinic at (301) 295-4065 or visit *ChooseMyPlate.gov*.

# Commissary Tours Offers Healthy Shopping Tips

By Katrina Skinner  
WRNMMC Public  
Affairs staff writer

(Editor's note: March is National Nutrition Month)

Many of us made resolutions to eat healthier in 2015, including eating more fruits and vegetables or cutting sugar out of our diet. This is no easy feat for some, but the Walter Reed National Military Medical Center Outpatient Clinical Nutrition Services department is here to help by offering monthly commissary tours.

The tours are designed to help those who participate, beneficiaries and staff, shop healthier, organizers said.

When people have a hard time finding healthy foods or don't know what to eat, the goal of Outpatient Clinical Nutrition Services is to provide its beneficiaries -- active duty, TRICARE dependents and retirees -- with the means to reach their goals, explained Army



Participants of the January Forest Glen commissary tour learn how to make healthy food shopping choices while sticking to their New Year's resolutions thanks to The Walter Reed Outpatient Nutrition Services clinic.

Capt. Michael Noyes, chief of Outpatient Clinical Nutrition Services at Walter Reed Bethesda.

"We want people to know that Outpatient Clinical Nutrition Services is here for them [with] all the coaching you'd ever want for free," Noyes said.

The Forest Glen Annex Commissary tour breaks down the challenges people may face when attempting to shop healthy, according to Noyes.

"What we really want to get across to patients, by taking them on a tour of the commissary and putting them in the environment of that moment where they have to make a choice, [is shopping healthy need not be difficult]. We want to make [the] decision [to shop healthy] more comfortable for them," Noyes explained.

The tour focuses on how to shop for your family, fresh foods versus canned foods, the pros and cons of buying fruits and vegetables in or out of season, how to calculate unit prices, and how to spot low fat foods.

Racheal Jordan, Warrior Athletic Reconditioning Program manager, joined the January tour in hopes of taking away something for the Wounded Warriors she works with every day. "A lot of them need to know what to eat or what not to eat to either gain or lose weight [to help facilitate their recovery]," she explained.

In addition to the dietician-led commissary tours, Outpatient Clinical Nutrition Services offers a variety of educational classes and workshops. For more information, contact the Outpatient Nutrition Services at 301-295-4065, or visit them in Building 7, third floor, next to Memorial Auditorium.



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## Standard Operating Procedures Available to Assist Personnel Actions

### From Navy Personnel Command Public Affairs Office

The Pay and Personnel Administrative Support System program has created more than 30 standard operating procedures (SOP) to help Sailors perform their day-to-day personnel activities like travel claims and updating records Navy administrators said recently.

The SOPs are accessed through the Manpower, Personnel, Training and Education intranet on any command access card-enabled computer. A fact sheet is available to show you how to access the SOPs as part of Navy Personnel Command's Plain Talk series at [www.npc.navy.mil/career/toolbox/Pages/PlainTalk\(series\).aspx](http://www.npc.navy.mil/career/toolbox/Pages/PlainTalk(series).aspx).

"Accurate records really start and end with Sailors. We have had some travel claims taking longer to process than we like lately," said Senior Chief Personnel Specialist (SW/AW) Paul A. Smith II, Performance Management Branch, Pay and Personnel Management Division, Navy Personnel Command. "We have created a checklist



U.S. Navy photo by Mass Communication Specialist 2nd Class Scott Fenaroli

**Personnel Specialist 3rd Class Erica Merideth, right, provides training to Personnel Specialist Seaman Wyatt Mills in the personnel office aboard the aircraft carrier USS Carl Vinson (CVN 70).**

that Sailors can print out prior to their permanent-change-of-station travel, stick it in a plastic bag or envelope and take with them. If they take everything on the checklist, put it in the bag and give it to their command pass coordinator (CPC) at the other end, they should have no problems getting their travel claim settled quickly."

Travel claims are just one of the many things covered by the SOPs, other subjects include special pays, basic housing allowance, fleet reserve and retirement requests, updating emergency data

and transfers to mention a few.

"The CPC exists to support the Sailor, and Sailors can educate themselves and help their CPCs at the same time by knowing what they need to do in order to get processes done," said Smith. "It is the Sailor's career, so we want them to have the tools to make it run as smoothly as possible."

For more information on other pay and personnel issues go to [www.npc.navy.mil](http://www.npc.navy.mil).

For more news from Navy Personnel Command, visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/).

## FIT

Continued from pg. 4

to helping more active duty and reserve service members, beneficiaries, and government civilians meet their weight management goals."

The updated ShipShape Program curriculum ensures that each of the program's eight sessions cover three essential components for weight management: mindset, nutrition, and physical activity. It also integrates engaging activities that promote both participant interaction and individual accomplishments.

Reporting form revisions include a consoli-

dated attendance roster and reporting form, auto-population features for follow-up reporting, and other updated features that provide an easy-to-use tool for participant tracking.

"In addition to the overall redesign of the program, we also focused on increasing interaction between ShipShape Program facilitators and NMCPHC, as the program manager," said Vickers. "We established a forum via milSuite for facilitators to ask questions, share their experiences, and provide program feedback."

Since November 2014, NMCPHC has trained and/or recertified approximately 130 ShipShape Program facilitators from across the Navy.

The ShipShape Program is the official Navy weight management program that assists active duty and reserve military service members, beneficiaries, and government civilians with making healthy behavior changes to reach their weight management goals. The program is administered at local medical treatment facilities and clinics, shipboard commands, and other ashore facilities.

Learn more about the ShipShape Program at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/shipshape.aspx>.

For more news from Navy and Marine Corps Public Health Center, visit [www.navy.mil/local/nmcpHC/](http://www.navy.mil/local/nmcpHC/).



# COMMANDER

Continued from pg. 2

Washington Navy Yard. In approximately 1905, the building was moved to the Naval Proving Ground at Indian Head. The watchbox is currently undergoing preparation work at Indian Head and will be moved by barge from Indian Head back to the Washington Navy Yard in March or April. It will be reinstalled in West Leutze Park and will be restored as a display piece with interpretive signage. Region-wide we have completed renovations and upgrades to three waste water treatment plants to control point source discharges over the past three years. The upgrades reduced contaminant discharges of nitrogen and phosphorous releases by 74 percent for nitrogen and 86 percent for phosphorous per year.

We are also aggressively implementing storm water management upgrades to help control and filter non-point source discharges. We have made improvements to shorelines, stream beds, impervious surface reductions and storm water management structures in order to better control rain water runoff to the Chesapeake Bay. Since 2006, in Maryland we have completed projects that are estimated to gain NDW credit for 778 acres of treated impervious surface area with another 1,300 acres of projects in planning or design. This 778 acres of work represents 38 percent of our 2,031 acres of untreated impervious surface area. The combined in-place and planned 2,078 acres of work represents 102 percent of our 2,031 acres of untreated impervious surface area. These projects are just a few examples of projects occurring throughout the region that demonstrate our commitment to environmental responsibility.

Energy is a key priority of the Secretary of the Navy (SECNAV). Energy security is critical to our Navy's mission. The NDW energy program supports specific SECNAV priorities and is driven by our five pillars: energy culture, energy information, energy efficiency, renewable energy and energy security. Energy security is the bottom line. It means having a resilient and reliable energy supply - sufficient to meet the demands of the mission. The Navy seeks to reduce energy demand and increase alternative and renewable energy supplies. So what have we done? Over the past year we completed renewable energy assessments for all of our installations and are now moving forward with projects from our best opportunities: large solar photovoltaic projects at both Joint Base Anacostia Bolling (JBAB) and Naval Air Station (NAS) Patuxent River. Alternative fuels is another important part of our renewable energy program and we continue to increase integration of alternative fuels vehicles and supporting infrastructure into our transportation fleets to reduce petroleum consumption, increase energy efficiency and reduce emissions.

Any meaningful progress in increasing our energy security requires thinking creatively. Naval Air Station Patuxent River recently launched an energy reduction incentive contest with the goal of reducing annual energy and water usage for every eligible building on station. The top facility winner can win up to \$50,000 toward facility improvements next January. NAS Patuxent River's objective is to achieve greater energy reductions while at the same time raising awareness and improving behavior. At Naval Support Activity Washington a pilot program with the National Renewable Energy laboratory is using customizable off-the-shelf software to produce automated alerts of energy related HVAC building performance issues. The software collects, consoli-

dates, filters and analyzes data to identify energy and operational cost reduction opportunities.

Installation of energy smart devices at Joint Base Anacostia-Bolling is one measure the installation estimates will help reduce energy cost. A \$2.3 million investment has included the replacement of incandescent light bulbs with more energy efficient LED bulbs and occupancy sensors in building hallways and rooms, turning lights on only when an area is occupied. JBAB also installed electric meters that provide energy managers with the ability to monitor electric consumption in buildings. The data collected from the meters enables the energy managers to determine the reduction in energy consumption and the amount of savings achieved. As a result of our collective efforts and commitment to continuously improve our energy posture, the NDW/NAVFAC Washington Energy Program was recognized as a 2014 Federal Energy and Water Program Management Award Winner.

Next month's annual Earth Day celebration is a perfect opportunity for you to get involved and help your command demonstrate positive stewardship practices. Navy and Marine Corps commands worldwide celebrate Earth Day on 22 April and throughout the months of April and May. Earth Day activities allow commands to build relationships across command departments, with sister services and government agencies, and the local communities where we live and work. Installations throughout the region will be holding Earth Day events and I encourage your participation.

Keep Charging Team!

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**Commandant, Naval District Washington**  
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For more news from other bases around the Washington, D.C. area,

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# HOMELESS

Continued from pg. 1

cally vulnerable people with a medical eye as opposed to our regular volunteers who are good-hearted and ask the right questions, but they might miss the frostbite or something that the medical student would be looking for.”

A group of 23 USU medical students helped with a point-in-time survey in January where they went to count how many homeless were on the streets, but the students also were charged with keeping an eye out for medically vulnerable individuals..

“Students go out and they find people in the street, living in cars or at the metro stations or living at parking garages – and they’re basically doing a head count, but they’re also doing a survey with where they are in their

health care and housing needs,” said John Mendez, the nonprofit’s director of outreach and special programs. “We are asking them to look for identifiers where they could be medically vulnerable – major signs of fatigue, looking at someone who could be showing any signs of delusions or anything like that – frostbite or hypothermia. We’re looking for people out on the street who could be dealing with a tragic illness. It doesn’t have to be that way – we have a solution.”

Army 2nd. Lt. Tiffany Chang said she didn’t think the nonprofit was expecting that many students to show up that early January morning. Chang, who grew up in nearby Rockville, Md., said she always had the stereotype of Bethesda “being a rich, wealthy area. I never expected such a huge homeless population here. It was just really eye opening for me – living here all my life and I didn’t realize what was going on outside.”

Chang and Navy Ensign Kristin

Wertin, both first-year medical students, recently started the home visits, but said those visits already have shown them how to become better doctors.

“We all exist in a community and... it’s our obligation to take care of the less fortunate, especially since we’ve been so privileged to live a good life and be given the skills that can help someone,” Wertin said.

Andrea Loejos Lee, Bethesda Cares clinical social worker, said the medical students might not get a complete medical history on their first home visit, but as the relationships grow, she said the clients become more comfortable telling the medical students about their real health problems.

“Hands-on application is extremely helpful to their entire medical school experience,” she said. “When you see somebody in person experiencing symptoms of a disorder or disease, it’s very different from seeing it in a book.”

The home visits also help decrease the loneliness or isolation a recently housed person might experience after being out on the street, Lee said.

“Our clients just love having the company and love having the support and adore the students and look forward to seeing them,” she said. “That’s something that they’ve never really had or haven’t had in a long time.”

In addition to gaining experience, Parsons said she’s learned a lot about the homeless population, especially after overhearing a conversation at the nonprofit.

“This wasn’t a person we were working with directly, but she happened to be at Bethesda Cares and she was talking with another person and she was saying, ‘Anybody could end up homeless. I had things. I had a condo, a car,’ and so it highlighted for me the fragility of what we have,” Parsons said.

## Nurse Practitioner or Physician Assistant

**The Henry M. Jackson Foundation for the Advancement of Military Medicine Inc. (HJF)** is seeking a motivated Nurse Practitioner or Physician Assistant with a passion for delivery of high quality care in the Center for Prostate Disease Research (CPDR) Program located at the Walter Reed National Military Medical Center (WRNMMC) in Bethesda, Maryland. HJF provides scientific, technical and programmatic support services to CPDR.

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# LEADERSHIP

Continued from pg. 3

ment is important for me, especially in conflict management and communication,” Bagley explained.

She indicated she planned to attend the first-day of courses and half of the following day. The flexibility of the academy’s design enabled her to take only the sessions she needed, and return to the academy whenever she wanted.

“I don’t want to be away from the office too long,” Bagley said.

The intent was to make this leadership training accessible, Casley-Sawyer explained. She said the sessions were scheduled to enable participants take classes they elected and return to their departments as needed.

The leadership and development coordinator also highlighted the fact that the skills participants learn in the Leadership Academy can be used at Walter Reed Bethesda, or their next duty station. “Skills that will carry them through their career,” she said, and added the skills acquired at the academy are transferable for service members making the transition from military to civilian.

Army 1st Lt. Regine Faucher, Junior Officer Council president, also attended the first day of the Leadership Academy. Although the prior enlisted Soldier completed a three-month Basic Officer Leadership Course, she explained why



Photo by Sharon Renee Taylor

**Navy Capt. Kim LeBel, Army Col. (Dr.) Peter Weina and Loretta Hobbs field questions from Walter Reed staffers enrolled in the medical center’s inaugural launch of the new Leadership Academy. Command Master Chief Tyrone Willis, joined LeBel, Weina, and Hobbs on the leadership panel discussion held on the first day of the four-day series of courses for leaders.**


it was important for her to attend the academy.

“There’s always a lot to learn,” said Faucher, who began as neurology clinic manager six months ago. “I feel more empowered to do what needs to be

done.”


Leadership Academy team members said they would like to offer leadership training at WRNMMC each month. For more information about Leadership

Academy training, contact Army Maj. Latonya R. Walker by calling 301-400-3346 or email [latonya.r.walker.mil@mail.mil](mailto:latonya.r.walker.mil@mail.mil).



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